

Grimes Parks & Recreation Department

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Flag Football League Game Rules

Objective:	To introduce kids to football in a safe and fun way.
Schedule:	Weeks 1, 2, & 3- Split into teams and practice for the full time with lead-up games at the end. Weeks 4, 5, & 6- Teams warm-up for 10 minutes and then play the game the rest of the time.
Coaches Role:	Make it fun, Teach the game, Provide offense and defense plays. One coach will be on the field and in the huddle. Other coach handles substitutions and sideline players.
Field Size:	Approx. 60 x 30 yards Includes 5 yard end zone First down lines
Game Timing:	Approx. (2) 20-minute halves (running clock) 2-minute halftime 60 seconds between plays
Players:	Offense- 1 QB, 1 RB, 1 WR, 1 C, 2 Ends Defense- 1 NG, 2 Ends, 1 CB, 2 LB Players rotate from scoring positions to line, as well as in the game and out, on an equal basis. Every player should be able to handle the ball each game.
Playing the game:	1. One team starts with the ball at the first line beyond the goal line. No kick-offs. 2. Four downs to get to each first down line. 3. Scoring: 6 points for TD, 1 point XP from 2 yards, 2 point XP from 10 yards, safety 2 pts. 4. No score is recorded and standings are not kept.
Running	. The quarterback cannot run with the ball until the defense rushes him after the 5-second count. . The player who takes the handoff can throw the ball from behind the line of scrimmage. . Once the ball has been handed off, all defensive players are eligible to rush. . Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving), no stiff arming or defending your flag. . The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.
Receiving	. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage). . Only one player is allowed in motion at a time. . A player must have at least one foot inbounds when making a reception.
Passing	. All passes must be forward and received beyond the line of scrimmage. . The quarterback will be the person that receives the snap and will be subject to rules of quarterbacks. . QB sneaks will not be allowed.
Dead Balls	. The ball must be snapped between the legs, not off to one side, to start play. If ball touches ground, it's a dead ball at the spot of the ball hitting the ground. * Note: There are no fumbles. The ball is spotted where the ball hits the ground. . Substitutions may be made on any dead ball. . Play is ruled dead when: . Ball carrier's flag is pulled. . Ball carrier steps out of bounds. . Touchdown or safety is scored. . Ball carrier's knee hits the ground. . Ball carrier's flag falls off.
Rushing the QB	. The 5 apple count will be conducted by the official or defensive coach at each game. This count will take 5 seconds to complete. After the 5 apples have been counted all players who wish to rush the quarterback may rush on a pass. . Once the ball is handed off, the 5 apple count is no longer in effect and all defenders may go beyond the line of scrimmage.

Blocking

. It is illegal to initiate contact using any part of the body. You may legally obstruct an opponent using a **Screen Block**. Screen blocking shall take place with as little contact as possible. The blocker shall have their hands and arms across their chest or behind their back. A screen blocker cannot use their hands, arms, elbows, legs, or body to initiate contact. If they do initiate contact it will be called Illegal Contact and penalized 10 yards and loss of down.

. Screen blockers may not:

1. Take a position closer than a normal step when behind an opponent.
2. Make contact when assuming a position at the side or in front of an opponent.
3. Take a position so close to an opponent that they cannot avoid contact by stopping or changing direction.

Spotting the Ball

. The ball will be spotted on the first, first down line.

. Four downs to get to each first down line.

. If the offense does not succeed in getting a first down, the ball is then spotted on the defensive team's first, first down line and then take over on offense.

PENALTIES

Defense:

-Offsides- 5 yards and automatic first down

-Interference- 10 yards and automatic first down

-Illegal contact- (*holding, blocking, etc.*) 10 yards and automatic first down

-Illegal flag pull (*before receiver has ball*) 10 yards and automatic first down

-Illegal rushing- (*crossing the line of scrimmage before 5 apple without the ball being handed off*) 10 yards and automatic first down

Offense:

-Illegal motion- (*more than one person moving, false start, etc.*) 5 yards and loss of down

-Illegal forward pass- (*pass received behind line of scrimmage*)- 5 yards and loss of down

-Offensive pass interference- (*illegal pick play, pushing off/away defender*) 10 yards and loss of down.

-Flag guarding 10 yards (from line of scrimmage) and loss of down

-Delay of game Clock stops, 10 yards and loss of down

***Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.**

Grimes Parks and Rec Office ~ 410 S. Main St. in Grimes